May 2017

## Senior Health and Wellness Newsletter

**Kentucky Department for Aging and Independent Living** 

## May is National Arthritis Awareness Month!

### Time to take action!!

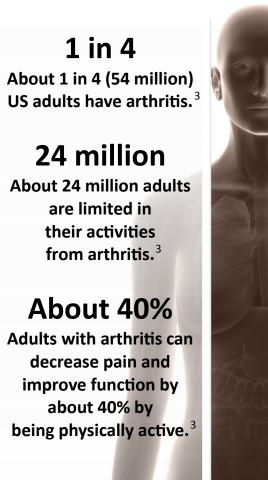
Approximately **32% of Kentuckians** have doctor-diagnosed arthritis.<sup>1</sup>

Arthritis is the most common cause of disability among U.S. adults.<sup>2</sup> Arthritis is common in those with heart disease, diabetes and obesity. Having arthritis commonly limits physical activity. However, researchers suggest that arthritis-appropriate physical movement is good for reducing the symptoms associated with the disease.<sup>2</sup> Gentle physical activity such as walking, swimming, and light strength training can help lower pain and increase strength to improve conditions.

Take control of your health. Maintaining a healthy body weight, and eating healthy foods can decrease the risk and improve symptoms of chronic diseases and conditions. Following a safe plan for physical movement (exercise) can significantly improve your health and overall quality of life.

The Centers for Disease Control and Prevention recommend arthritis-appropriate evidence-based interventions to help reduce the symptoms associated with arthritis. Healthcare providers can help by referring patients to these interventions.





## Recommended interventions that can help!

#### Walk with Ease

safe 6-week walking program!

## **Chronic Disease Self-Management Program**

6-week program to improve abilities to self-manage health!

#### **Enhance Fitness**

strength and condition program available at many Kentucky YMCAs!

Need info on program availability?

800-633-8100

## **Arthritis in daily life**

- One-third of adults over age 45 with arthritis report anxiety or depression.<sup>3</sup>
- More than 20% of adults with arthritis find it very difficult or cannot walk 3 blocks.<sup>3</sup>
- African Americans and Hispanics with arthritis are more limited in their activities due to their arthritis.<sup>3</sup>

#### **Managing arthritis**

- Arthritis aches and pains do not have to be a normal part of aging.<sup>3</sup>
- Physical activity—walking, swimming, biking—is good for arthritis.<sup>3</sup>
- Physical activity can reduce pain and improve function.<sup>3</sup>

## Who has arthritis?

- About 23% of adults have arthritis.<sup>3</sup>
- Nearly 60% of adults with arthritis are women.<sup>3</sup>
- Nearly 60% of people with arthritis are working age.<sup>3</sup>

#### References:

- 1. Kentucky Behavioral Risk Factor Survey (KyBRFS)2015Data. Department for Public Health, Cabinet for Health and Family Services, Frankfort, Kentucky, [2015]
- 2. Barbour, K. E. (2017). Vital Signs: Prevalence of Doctor-Diagnosed Arthritis and Arthritis-Attributable Activity Limitation—United States, 2013–2015. MMWR. Morbidity and Mortality Weekly Report, 66.
- 3. Centers for Disease Control and Prevention [CDC, 2017]. CDC Vital Signs. Located at www.cdc.gov/vitalsigns.

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